

# Prairie Middle School

## Department Summary: PE 6/7/8

	AUG/SEPT	OCTOBER	NOVEMBER	DECEMBER	JANUARY	FEBRUARY	MARCH	APRIL	MAY/JUNE
6th Grade	Orientation : expectations , locker assignments- Cardiovascular fitness - Healthy Heart , Softball Tennis Speedball Coop./ Initiative Activity	Fitness Testing Speedball Softball Tennis Coop. / Initiative Activity Indoor Games	Dance (Team Teach.) Gymnastics Fitness Bowling	Dance (Team Teach.) Gymnastics Fitness Bowling	Dance (Team Teach.) Gymnastics Fitness Bowling	Problem solving Initiative activities Basketball Fitness Scooters & indoor games Volleyball (Team Teach)	Problem solving Initiative activities Basketball Fitness Eclipseball & indoor games Volleyball (Team Teach)	Fitness testing	Track and field fitness Outdoor Rec. Games Tennis
7th Grade	Orientation: expectations,loc ker assignments Cardiovascular fitness - Healthy Heart Flag football Softball Team Handball Tennis	Fitness Testing Cardiovascular fitness Flag football Softball Team Handball Tennis Indoor Games	Dance (Team Teach) Fitness Weight Training / Pliometrics Floor Hockey	Dance (Team Teach) Fitness Weight Training / Pliometrics Floor Hockey	Dance (Team Teach) Fitness Weight Training / Pliometrics Floor Hockey	Fitness Eclipseball & indoor games Volleyball (Team Teach) Basketball Weights / Circuit Training	Fitness Eclipseball & indoor games Volleyball (Team Teach) Basketball Weights / Circuit Training	Fitness testing	Fitness Outdoor Rec . Games : Frisbee LaCrosse Bocce Ball Horseshoes Hackey Sack Tennis
8th Grade	Orientation: expectations, locker assignment Cardiovascular fitness - Healthy Heart Tennis Golf Soccer LaCrosse	Fitness Testing Healthy Heart Tennis Soccer Golf LaCrosse Indoor Games	Dance (Team Teach) Fitness Weight Training / Pliometrics CPR	Dance (Team Teach) Fitness Weight Training / Pliometrics CPR	Dance (Team Teach) Fitness Weight Training / Pliometrics CPR	Fitness Cageball & indoor games Volleyball (team Teach) Basketball Weights / Circuit Training	Fitness Cageball & indoor games Volleyball (team Teach) Basketball Weights / Circuit Training	Fitness testing	Fitness Outdoor Rec . Games : Frisbee LaCrosse Bocce Ball Horseshoes Hackey Sack Tennis

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Health - 6/7/8

ORGANIZING CONCEPTS	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9
6th Grade Health	Chapter 1 - Planning for a Healthy Lifetime health triangle - elements of physical, social, mental/emotional health, health connections, wellness	Self-concept - what is it, who/what influences it, how it affects my health, name meaning & poster Teen Health Digest	Decision Making - types, everyday decisions, decision-making steps, practicing, benefits of good decisions	Goal setting - types, why set goals, selecting goals, action plans, altering goals					
7th Grade Health	Self-esteem - define & list conditions that foster high SE.	Goal Setting - identify personal SE fitness goal & action plan to achieve, illustrate personal SE fitness goal.	Being successful - define personal success & identify positive ways to deal with "failures."	Positive & powerful thoughts - describe how practicing self-talk & affirmations enhance SE.	Parade of masks - explain how & why we hide true identity & feelings.	Media messages - influence of media on SE.	Friendships - building & maintaining friendships.	Social responsibility - benefits in family, at school & in community.	Living w/esteem - define SE, identify ways to enhance personal SE and SE of others
8th Grade Health	Chapter 1 - Planning for a Healthy Lifetime health triangle - elements of physical, social, mental/emotional health, health connections, wellness	BLOCK - health triangle (create personal triangle)	Self- concept - what is it, who/what influences it, how it affects my health, name meaning & poster Teen Health Digest	BLOCK - 24 hour timeline	Decision Making - types, everyday decisions, decision-making steps, practicing, benefits of good decisions	BLOCK - fast food & health sites on the web	Goal setting - types, why set goals, selecting goals, action plans, altering goals	BLOCK - sleep log	Chapter 2 - Caring for Yourself healthy teeth, skin & hair
6th Grade HG&D	Day A - abstinence, secondary virginity, positive relationships, anatomy, reproductive system development	Day B - emotional needs, maturity, immediate gratification, decision-making by goal setting, male/female interview	Day C - love, infatuation, setting limits, abuse	Day D - consequences of sexual involvement, basic STD/STI information, pregnancy options & whole-person consequences	Day E - AIDS, definition, transmission, symptoms, prevention	Day F - social maturity, peer pressure, self-esteem & sexual involvement, effect of media			
7th Grade HG&D	Day A - abstinence, secondary virginity, emotional & mental maturity, mature decision-making builds positive relationships	Day B - respect for self & others, love/infatuation, positive dating attitudes, male/female interview, or situations	Day C - consequences of premarital sex, specific STD/STI information, setting limits	Day D - AIDS day	Day E - pregnancy from conception to delivery, common misinformation regarding pregnancy, secondary virginity, abuse	Day F - peer pressure, self-esteem, media influence			